



LAMOILLE SOUTH UNIFIED UNION CO-CURRICULAR HANDBOOK

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** In addition to all information below, please refer to the [LSUU Family Handbook](#) for further information.*

We believe the opportunity for participation in co-curricular activities at Lamoille South Unified Union (LSUU) is an important component in the education of our students. This participation is a privilege which should be available to all students, and carries with it responsibilities to teammates, the school, the community, and to the students themselves. We believe participation in co-curricular activities fosters a lifetime of learning and influences the moral, emotional, social, and physical development of our students, all within a framework of academic excellence. Co-curricular activities provide opportunities for students to learn how to manage the challenges and situations they will encounter throughout their lives.

We want our teams and other groups to be dedicated to excellence in their activities and in the classroom with a strong emphasis on safety, support, effort, communication, collaboration, improvement, respect for coaches, teachers, advisors and mentors, teammates and classmates, opponents, officials, and the traditions of sport.

Participation in the LSUU Co-Curricular program is a privilege, not a right. Students earn this privilege by being in regular attendance at school, being a good citizen in school and during their chosen activities, and by demonstrating that they are responsible for their academic progress.

LIST OF CO-CURRICULAR OFFERINGS

* Teams are located in each school's specific column, unless otherwise noted. *

Peoples Academy

- FALL
 - Boys Soccer
 - Girls Soccer
 - Cross Country
 - Golf
 - Drama
- WINTER
 - Boys Basketball
 - Girls Basketball
 - Nordic Skiing
 - Alpine Skiing (@SHS)
 - Boys Ice Hockey (@SHS)
 - Girls Ice Hockey (@SHS)
 - Drama
- SPRING
 - Track & Field
 - Baseball
 - Softball
 - Boys Lacrosse (@SHS)
 - Girls Lacrosse (@SHS)
 - Boys Tennis (@SHS)
 - Girls Tennis (@SHS)
 - Drama

(Sub-varsity teams are pending participation numbers - JV, JV-B, etc.)

Peoples Academy Middle Level

- FALL
 - Boys Soccer (6-8)
 - Girls Soccer (6-8)
 - Cross Country (5-8)
- WINTER
 - Boys Basketball (7/8)
 - Girls Basketball (7/8)
 - Nordic Skiing (6-8)
- SPRING
 - Track & Field (6-8)

Stowe High School

- FALL
 - Girls Field Hockey
 - Boys Soccer
 - Girls Soccer
 - Cross Country
 - Golf
 - Drama
- WINTER
 - Boys Basketball
 - Girls Basketball
 - Nordic Skiing
 - Alpine Skiing
 - Boys Ice Hockey
 - Girls Ice Hockey
 - Drama
- SPRING
 - Track & Field (@PA)
 - Baseball (@PA)
 - Softball (@PA)
 - Boys Lacrosse
 - Girls Lacrosse
 - Boys Tennis
 - Girls Tennis
 - Drama

(Sub-varsity teams are pending participation numbers - JV, JV-B, etc.)

Stowe Middle School

- FALL
 - Boys Soccer (6-8)
 - Girls Soccer (6-8)
 - Cross Country (5-8)
 - Girls Field Hockey (6-8)
- WINTER
 - Boys Basketball (7/8)
 - Girls Basketball (7/8)
 - Nordic Skiing (6-8)
- SPRING
 - Track & Field (6-8) (@PA)

CO-CURRICULAR GOALS AND OBJECTIVES

MIDDLE SCHOOL

- Team participation shall serve as a developmental process that emphasizes basic skills, indoctrinates players to the varsity program philosophy and creates school pride and enthusiasm.
- Participation in interscholastic events will be based on coaches' discretion, skill level, attendance, work ethic and a positive attitude. Development of our athletic program will be a major determining factor in deciding participation by middle school student athletes, rather than winning or losing. All student athletes will have an opportunity to participate in every athletic contest.
- Tryouts may be conducted at the middle school level. An attempt will be made for all participants to become team members, whenever possible.
- The number of participants will be determined at the coach's discretion and the following factors:
 - Athletes' safety
 - Demonstration of skills
 - Attendance and effort at practice
 - Attitude and compliance with team and school rules
 - Maintenance of productive practices
 - Completion of necessary paperwork
 - Knowledge of the game

SUB-VARSITY HIGH SCHOOL TEAMS

- Freshman teams will allow student athletes to transition from the developmental skill process of middle school teams to the promotion of developing a winning team. Freshman teams will promote more students being involved in high school athletics and will provide an opportunity for the student athlete to continue to develop their skills before moving onto Junior Varsity and Varsity athletic teams.
- Junior varsity teams will begin the promotion of a winning team concept, with the identification of more skilled athletes. Participation in contests will be determined at each coach's discretion. There will be an emphasis on skill development and continuing to prepare junior varsity team members for the physical, emotional, and mental characteristics necessary for varsity-level play.
- Attendance, work ethic, attitude, and skill level as evaluated by the coach(es) are the basis for interscholastic participation.
- Team selection at this level will be based on the following criteria:
 - Demonstration of skills
 - Attendance and effort at practice
 - Attitude and compliance with team and school rules
 - Maintenance of productive practices
 - Completion of necessary paperwork
 - Knowledge of the game

VARSITY TEAMS

- Varsity Teams will compete at the highest level with the most competent skilled athletes. The goal is to compete for state championships and qualify for postseason play. The major emphasis shall be promoting the successful development of highly skilled, motivated, and well-conditioned athletes. These athletes should be physically, mentally, and emotionally prepared to compete at this level. They will exhibit pride, sportsmanship and enthusiasm, as well as team unity, regardless of participation.

- Skill level, work ethic, attendance, and attitude, as evaluated by the coach(es,) will be the basis for interscholastic participation. Team selection at this level will be based on the following criteria:
 - Athlete's safety
 - Demonstration of skills
 - Attendance and effort at practice
 - Attitude and compliance with team and school rules
 - Maintenance of productive practices
 - Completion of necessary paperwork
 - Knowledge of the game
 - Participation at any level will be contingent upon satisfactory academic standing

GOVERNANCE

The Vermont Principals Association (www.vpaonline.org) will provide the main guidelines governing all interscholastic squads. All VPA rules and regulations are upheld throughout the entirety of the school year at Lamoille South Unified Union.

RESTORATIVE JUSTICE MODEL

Whenever possible, Lamoille South schools will act in accordance with a restorative justice model when handling any disciplinary matters including but not limited to: education, corrective action, and restorative action.

Education

- Student athletes are better able to make positive lifestyle decisions when they have chemical health information regarding the effects of alcohol, tobacco, controlled substances, and performance enhancing drugs on their physiological, psychological, and social development, as well as their athletic performance. Education must include prevention to support students who already make positive lifestyle decisions and intervention to assist those who have made an incorrect decision in not repeating that decision.

Corrective Action

- Student athletes should have a clear understanding of not only what is expected of them, but also what will take place in the event they behave in a manner inconsistent with the positive expectations outlined for them. Corrective action must be progressive in nature, seeking results that are measured by how much repair has been done rather than how much punishment has been inflicted.

Restorative Action

- Student athletes have a responsibility to themselves, their team, their school, their community, and to younger athletes who look up to them. Student athletes who make an incorrect lifestyle decision must, in the presence of their coaches and teammates, publically recommit to uphold the expectations of a LSUU student athlete.

RESPONSIBILITIES OF A STUDENT ATHLETE

Responsibility to Self

- The most important of these responsibilities is to broaden and develop strength of character. Student athletes owe it to themselves to derive the greatest benefits from their high school experiences, to live a healthy lifestyle, and to respect their physical and mental health at all times.

Responsibility to Academic Studies

- Academic studies and participation in other extracurricular activities, as well as athletics, prepare student athletes for life as an adult. Athletics, while very important to many young people, are only a small part of a student athlete's life. It is important to understand how few student athletes participate in college athletics and beyond. As a result, academic achievement better prepares a student athlete for his or her adult life than athletic achievement.

Responsibility to School

- Lamoille South Unified Union cannot maintain programs of excellence unless all student athletes participate to the best of their abilities in every practice, competition, and other activity in which they are engaged.

Responsibility to Family

- Student athletes who know in their heart that they have lived up to all the training rules, have practiced every day to the best of their ability, have played the game all out, and have displayed good sportsmanship foster self-respect and the pride of their families, win or lose.

Responsibility to Community

- The community and its financial support make athletic experiences possible. For that reason, student athletes should remember that the greater community takes pride in school athletics. Student athletes assume a leadership role when they participate on an athletic team. The student body and citizens of the community know LSUU student athletes. They are visible and judged by their conduct and attitude both on and off the field. Because of this leadership role, student athletes can contribute significantly to school spirit and community pride. It is the desire and expectation of the Lamoille South Unified Union that its student athletes demonstrate class and sportsmanship, not for the fact that they win, but rather that they are known as participants in programs of character and excellence.

Responsibility to Younger Athletes

- The younger athletes in the Lamoille South Unified Union watch and look up to student athletes on school teams. They know who the players are and what they do. Varsity athletes are role models for those in younger programs and all student-athletes are role models for those in youth programs throughout our community. Make them proud. Do not do anything to let them down. Set good examples for them.

UNSPORTSMANLIKE BEHAVIOR/BEHAVIOR UNBECOMING

Participation in the many LSUU Co-Curricular programs is a privilege and student athletes are expected to behave in a manner that will reflect positively on their teams and their school. As visible representatives of the athletic program and the school district, it is the responsibility of the student athlete to make productive decisions at school and in the community. Behaviors that violate these expectations and reflect poorly on the athletic program and the school will be met with proportional consequences. Such behaviors will be identified at the discretion of the Athletic Director and Principal but may include bullying, harassment, hazing, vandalism, theft, assault, and illegal acts resulting in police involvement. Offenses of this nature will be evaluated on an individual basis and may result in suspension or removal from the athletic program, as determined by the Athletic Director and Principal.

LSUU student athletes are expected to represent themselves, their teams, and their school in a positive and respectful manner at all times. They are expected to interact appropriately with coaches, opponents, spectators, and officials. These same expectations apply when they attend competitions for other sports and/or other schools. Student athletes who do not comply with these expectations may be subject to team consequences as determined by the coach and/or athletic consequences (including suspension or removal from the athletic program) as determined by the Athletic Director and Principal.

PARENT/COACH COMMUNICATION PLAN

Communication that you can expect from your child's coach:

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements - practices, special equipment, out-of-season responsibilities
- Procedure followed should your child be injured during participation
- Discipline that may result in the suspension/removal of your child from the squad

As your child becomes involved in the co-curricular programs at LSUU, they will experience some very rewarding times. It is important to understand that there also may be times when things do not go the way you or your child wishes. Properly handled, this can be a fantastic learning opportunity for you and your child.

Issues not appropriate to discuss with the coach:

- Amount or type participation
- Coaching/team strategy
- Play calling
- Other student athletes

Appropriate concerns to discuss with advisors/coaches:

1. The treatment of your child, mentally and physically

2. Ways you, as a parent, can help your child improve
3. Concerns about your child's behavior

There are situations that may require a conference between the advisor/coach and the parent. It is important that both parties involved have a clear understanding of the other's position. It can be very difficult to accept that your child may not be playing as much as you or they may hope. Coaches are professionals; they make judgement decisions based on what they believe to be the best for all students involved. They also observe your child in many different situations, and therefore are in the best position to make tough decisions.

When these conferences are necessary, the following procedure should be followed to promote a resolution to the issue or concern. If you have a concern to discuss with an advisor/coach please follow the suggested format:

If you have a concern to discuss with a coach, please follow the procedure listed below:

- 1st Communication: PLAYER TO COACH
 - Self-Advocacy is one of the great LIFE SKILLS that we can teach our athletes. This will allow them to speak on their own behalf and work through problems
 - Coach will provide specifics on the problem and work through a solution
 - Why cut/placed on a team → What to do to increase playing time
- 2nd Communication: PLAYER/PARENT TO COACH
 - Usually this conversation is when the problem persists
 - This conversation should include the parents/guardians AND the athlete
 - Again, there is an APPROPRIATE time and place for the conversation
- Final Communication: ATHLETIC DIRECTOR INVOLVEMENT
 - This should be the last resort in finding a solution to the problem
 - The coach, athlete, and parents/guardians will all be involved in the meeting
 - Whenever you interact with a coach, it is expected to be at an appropriate time and in an appropriate manner. Parents are given an opportunity to meet with coaches at the beginning of each season through a coach/parent/participant meeting. It is your opportunity to question a coach on their expectations

CONDENSED CODE OF ETHICS FOR PARENTS/ATHLETES

- Remember, young people play for their own enjoyment, not yours.
- Don't force an unwilling child onto the field or court.
- Applaud good plays by opposing players as well as your own.
- Set a good example. Young people learn best by imitation.
- Teach your child always to play by the rules.
- Show your child that hard work and an all-out effort can matter more than victory.
- Help your child improve skills and sportsmanship in every game. Your child will then be a winner, even in defeat.
- Never ridicule or yell at your child for making a mistake or for losing a game.
- Support all efforts to remove verbal and physical abuse from sports.

- Do not publicly question a referee's judgment or integrity.
- Recognize the value of volunteer teacher-coaches, referees, and officials and give them clear signs of respect.

SUBSTANCE USE

Lamoille South Unified Union is committed to a zero tolerance substance abuse policy. Any person, including adults who work at, use, or visit Lamoille South Unified Union school facilities, shall not possess, use, sell, transmit, or be under the influence of any illegal drug, regulated substance, alcohol, or tobacco on school property or at any school sponsored student related activity away from school premises. Please refer to the policies shown on our [district website](#) for additional information.

Any student who participates in co-curricular activities shall not possess/use/sell or be under the influence of a substance at any time during the school year, 24 hours a day, seven (7) days a week, both when at school and school-related activities and when not at school and school related activities.

Possession, Use, or Being Under the Influence of Alcohol, Illegal Drugs, Tobacco, Controlled or Over the Counter Substances by Students Involved in Co-Curricular Activities:

- Students involved in co-curricular activities at LSUU are active and visible representatives of the student body and the LSUU community. As such, students who participate in co-curricular activities will be held to a high standard of conduct as a requirement.
- Participation in such activities is a privilege, not a right.
- During any period of participation, participants are required to adhere to a zero (0) tolerance standard, 24 hours a day, seven (7) days a week, both when at school and school-related activities and when not at school or school-related activities.

TEAM RULES

All teams at LSUU are expected to abide by general school and athletic policies and procedures. Each team or coach may have additional team rules or policies. The coach will have on file, with the athletic director, a copy of the coach's procedures regarding any additional team rules such as, but not limited to:

- Unexcused absences from a practice or game session.
- Dress code, practice procedure, lateness, inappropriate language, and game conduct.
- Any additional rules not covered in general procedures.

LOYALTY CLAUSE

Per VPA rules, a member of a LSUU school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices and competitions. Members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team/club, practice or competition (including tournaments, showcases, combines or other athletic events). Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day,

the high school team practice/competition **MUST** be honored by the student athlete. Priority must be given at ALL times to the high school team, its practices, and its contest unless a waiver has been granted by the Athletic Director.

Violation of the Policy

- 1st violation: Report violation to VPA office, student-athlete is suspended from play for two games/contests (with the exception of football, skiing for which the suspension shall be one contest).
- 2nd violation: Report violation to VPA office, student-athlete is removed from team for remainder of season.

PHYSICAL EDUCATION CREDIT

Students are required to take the 9th grade physical education curriculum (one semester) and will earn 1/2 credit. Students will receive 1/4 credit for each sport season they participate in. Students can earn up to 1/2 credit per sport toward graduation. Therefore, a student who participates in three sports seasons during their four years can earn 1 1/2 physical education credits, applied to graduation. The implication of this is that students can earn the remainder of their physical education credit after the required 9th grade curriculum through LSUU sports, but they must participate in at least two sports.

ATTENDANCE

To participate in co-curricular functions students must attend a full day of school or school-related activities. Student attendance must be accounted for no later than 8:00 AM. In extenuating circumstances, exceptions may be made with the approval of the Athletic Director.

Absenteeism and tardiness the day of and day after a game will be reviewed and may result in game suspension(s). The Athletic Director will make final decisions in attendance cases. An athlete absent on Friday must have permission from the Athletic Director to play on Saturday.

Students who abuse the attendance policy will be required to meet with the Athletic Director to reassess eligibility.

If a student is unable to participate in a physical education class because of an injury or ill health, or they choose not to participate for any reason, they will not be permitted to participate in a school sport that day.

EQUIPMENT

Student athletes will be issued equipment with the provision that it will be returned at the end of the season to the athletes respective coach. Student athletes will accept responsibility for the cost of lost equipment.

Game and practice uniforms will be issued prior to the start of a season (or by contest) and are not to be worn at any time other than an athletic contest or practice unless approved by the coach. The rule for "lost equipment" as aforementioned (under equipment) applies to all game and practice uniforms.

PARTICIPATION IN ONE OR MORE ACTIVITY

A student athlete may participate in one or more sports in the same season under the following conditions:

- The student-athlete chooses to participate in two sports.
- The parents approve.
- Both coaches involved approve.
- The student athlete is in good academic standing.
- The administration is aware of the details and approves.
- All of the above conditions are met prior to the first regular season contest of the two sports in question.
- Athletes requesting to participate in two school sports in the same season must designate a primary sport before the start of the season. This sport will take precedence over any conflicting schedules in the case of events/games taking place on the same day.

TRANSPORTATION

If transportation is provided, all team members including coaches will ride the bus to and from the game.

Exceptions:

- A parent/guardian who attends the event and wishes their child to return home with them. **These requests must be approved directly with the coach.**
- In special circumstances, students may travel to a contest and/or return home by other means. This may only occur if a permission note from the parent/guardian is received prior to the game or event. The coach must approve these requests at least 24 hours before the event.
- In no instance will a student athlete be allowed to ride with another student after a game/contest regardless of permission from the parent/guardian.
- No athlete may enter the bus unless a coach is present.
- No cleats may be worn on the bus.
- No abusive, derogatory or inappropriate language is allowed.
- Proper bus behavior for athletic teams will be covered with coaches and teams prior to each season by the Athletic Director.
- The coach is in charge of the team on the bus. Any behavior problems should be reported to the coach for remedy. Should the behavior continue or not be resolved, an official report will be made to the bus manager who will report it to the Athletic Director. Coaches are asked to report any bus problems to the Athletic Director immediately.
- Only team members (and support personnel) are allowed on athletic/team busses.
- It is expected that team members will place all trash in a trash bag (and not on the floor). Busses will look the same at the end of a trip as in the beginning of one. Coaches will be held responsible for the shape of the bus at the end of a trip. Please make sure it is CLEAN!

CAPTAINS

Whether elected or appointed, captains play an essential role in the leadership of the team. LSUU expects that captains will be outstanding role models for other team members in their actions on and off the playing field. They will serve as the liaison between the coaching staff and athletes; they will serve a primary role in the motivation of individuals, team spirit, and good sportsmanship. They will not condone or be a part of inappropriate initiation activities; instead, they will foster a positive team-building environment. A good captain will provide the leadership that is so important for a team to develop the cohesion essential for success.

VACATION AND JOB CONFLICTS

*****Please note that there will be regular season and playoff games during the Winter and Spring Break*****

Although every effort is made to reduce the number of conflicts between school vacation and athletic schedules, it will always remain an issue. Each student athlete will be provided a practice, game, and potential play-off schedule at the beginning of the season to help minimize these conflicts. Please be aware of the potential changes to sport schedules due to weather or facility conflicts. If a player is forced to miss practice or games due to family vacation, it will be up to the individual coach to decide how the absence will be handled. If there is any potential conflict, we suggest speaking to the coach immediately. It is expected that student athletes will arrange jobs and other activities so as not to conflict with practice, contests, and play-offs.

INFORMED CONSENT - RISK OF INJURY

By its nature, participation in interscholastic athletics includes the risk of injury that may range in severity from minor to disabling, and even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can, and have the responsibility to help, reduce the chance of injury. Participants must obey all safety rules, report all physical problems to their coach or the athletic trainer, follow a proper conditioning program, and wear all protective equipment.

HAZING AND HARASSMENT

For more information regarding our school district's bullying/hazing/harassment policy, please refer to our [district website](#).

HEALTH & INJURIES

- Student athletes must have on file, with the Athletic Department, a physical examination form, which needs to be updated every two (2) years.
- The Vermont Principals' Association requires that each student demonstrate that he or she has private or public health insurance for medical care of injuries that may result from participation in the LSUU Co-Curricular programs. The name of the carrier and the number of the policy should be indicated on the participation form. All injuries that occur while participating in athletics must be reported to the

coach/Athletic Director.. A Student Accident Form must be completed for any injuries that occur and that report must be given to the Athletic Director within 24 hours.

- A physician has the final decision as to whether a player can/cannot participate. We cannot allow any player who has been told they can't participate to do so.
- If an athlete is treated by a physician for an athletic injury, they must obtain a doctor's signed permission in order to return to the activity. This permission must be given to the Athletic Director or the Athletic Trainer.
- On-site, the Athletic Trainer or their designee has final authority in determining a student's eligibility to return to play after an injury.
- Concussions are a particular concern for adolescent athletes. It is imperative that the trainer is informed of any head injury regardless of how minor it may appear to you. We will be providing additional training for coaches about this.

CONCUSSION INFORMATION

- [LSUU Concussion Information - Parent Info](#)
- [LSUU Return To Play - Post-Concussion Information](#)